

Toronto Women's Half Marathon and 5k

RUN-WALK* Training Schedule for Beginner to Novice Runner														
Wk	Mon	Tue		Wed	Thu		Fri	Sat		Sun		Overall I felt:		
1	rest	total time	30 min.	rest	total time	30 min.	rest	total time	30 min.	total time	30 min.			
		run 1 min/walk 1 min			run 1 min/walk 1 min			run 1 min/walk 1 min		run 1 min/walk 1 min				
		repeat	15 times		repeat	15 times		repeat	15 times	repeat	15 times			
2	rest	total time	30 min.	rest	total time	30 min.	rest	total time	30 min.	total time	30 min.			
		run 1 min/walk 1 min			run 1 min/walk 1 min			run 1 min/walk 1 min		run 1 min/walk 1 min				
		repeat	15 times		repeat	15 times		repeat	15 times	repeat	15 times			
3	rest	total time	30 min.	rest	total time	30 min.	rest	total time	30 min.	total time	36 min.			
		run 2 min/walk 1 min			run 2 min/walk 1 min			run 2 min/walk 1 min		run 2 min/walk 1 min				
		repeat	10 times		repeat	10 times		repeat	10 times	repeat	12 times			
4	rest	total time	30 min.	rest	total time	30 min.	rest	total time	30 min.	total time	36 min.			
		run 2 min/walk 1 min			run 2 min/walk 1 min			run 2 min/walk 1 min		run 2 min/walk 1 min				
		repeat	10 times		repeat	10 times		repeat	10 times	repeat	12 times			
5	rest	total time	32 min.	rest	total time	32 min.	rest	total time	32 min.	total time	40 min.			
		run 3 min/walk 1 min			run 3 min/walk 1 min			run 3 min/walk 1 min		run 3 min/walk 1 min				
		repeat	8 times		repeat	8 times		repeat	8 times	repeat	10 times			
6	rest	total time	30 min.	rest	total time	35 min.	rest	total time	30 min.	total time	40 min.			
		run 4 min/walk 1 min			run 4 min/walk 1 min			run 4 min/walk 1 min		run 4 min/walk 1 min				
		repeat	6 times		repeat	7 times		repeat	6 times	repeat	8 times			
7	rest	total time	30 min.	rest	total time	36 min.	rest	total time	30 min.	total time	42 min.			
		run 5 min/walk 1 min			run 5 min/walk 1 min			run 5 min/walk 1 min		run 5 min/walk 1 min				
		repeat	5 times		repeat	6 times		repeat	5 times	repeat	7 times			
8	rest	total time	35 min.	rest	total time	35 min.	rest	total time	28 min.	total time	49 min.			
		run 6 min/walk 1 min			run 6 min/walk 1 min			run 6 min/walk 1 min		run 6 min/walk 1 min				
		repeat	5 times		repeat	5 times		repeat	4 times	repeat	7 times			
9		total time	32 min.	rest	total time	32 min.	rest	total time	32 min.	total time	48 min.			
		run 7 min/walk 1 min			run 7 min/walk 1 min			run 7 min/walk 1 min		run 7 min/walk 1 min				
		repeat	4 times		repeat	4 times		repeat	4 times	repeat	6 times			
10		total time	27 min.	rest	total time	36 min.	rest	total time	27 min.	total time	54 min.			
		run 8 min/walk 1 min			run 8 min/walk 1 min			run 8 min/walk 1 min		run 8 min/walk 1 min				
		repeat	3 times		repeat	4 times		repeat	3 times	repeat	6 times			
11		total time	30 min.	rest	total time	30 min.	rest	total time	30 min.	total time	50 min.			
		run 9 min/walk 1 min			run 9 min/walk 1 min			run 9 min/walk 1 min		run 9 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	5 times			
12		total time	33 min.	rest	total time	33 min.	rest	total time	33 min.	total time	55 min.			
		run 10 min/walk 1 min			run 10 min/walk 1 min			run 10 min/walk 1 min		run 10 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	5 times			
13		total time	33 min.	rest	total time	33 min.	rest	total time	33 min.	total time	1 hr., 6 min.			
		run 10 min/walk 1 min			run 10 min/walk 1 min			run 10 min/walk 1 min		run 10 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	6 times			
14		total time	33 min.	rest	total time	33 min.	rest	total time	33 min.	total time	1 hr., 17 min.			
		run 10 min/walk 1 min			run 10 min/walk 1 min			run 10 min/walk 1 min		run 10 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	7 times			
15		total time	33 min.	rest	total time	33 min.	rest	total time	33 min.	total time	1 hr., 28 min.			
		run 10 min/walk 1 min			run 10 min/walk 1 min			run 10 min/walk 1 min		run 10 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	8 times			
16		total time	33 min.	rest	total time	33 min.	rest	total time	33 min.	total time	1 hr., 39 min.			
		run 10 min/walk 1 min			run 10 min/walk 1 min			run 10 min/walk 1 min		run 10 min/walk 1 min				
		repeat	3 times		repeat	3 times		repeat	3 times	repeat	9 times			
A:	Always consult a medical doctor before engaging in any rigorous exercise activity.													
B:	Schedule is flexible... move workouts to different days when you need to.													
C:	Start workouts with a 5-minute brisk walk, or 10min. if joints creak loud enough to wake neighbors.													
D:	*Should be able to keep up conversation during the run phase and while walking briskly 'with a purpose'.													
E:	For any race, use the Run/Walk 10 & 1 sequence as you did in weeks 12-16.													